All races run solely under USA Cycling’s regulations, which include UCI Equipment regulations, for USA Cycling Time Trial Record attempts.

The following is a brief overview of USA Cycling National Championship rules.
For complete championship regulations, please see Chapter 7 National Championships.

### RACING AGE

Your racing age is determined as of December 31, 2019.

### LICENSING

ALL PARTICIPANTS MUST HAVE A CURRENT USA CYCLING ANNUAL LICENSE OR VALID LICENSE FROM A RECOGNIZED FOREIGN FEDERATION AS DEFINED BELOW. RIDERS MUST HAVE THE PROPER CATEGORY AT THE TIME OF REGISTRATION. Riders who attempt to register, but do not hold an APPROPRIATE license, will NOT be eligible for competition regardless of the registration process. If you do not have a current and valid USA Cycling annual license, the easiest way to obtain one is via the USA Cycling website at www.usacycling.org. You may purchase, renew and/or request a category upgrade online on your My USA Cycling page. Please review the license criteria below:

**MASTERS:** Must be a United States citizen or Permanent Resident (verified) and have a current
- USA Cycling International License or equivalent license from a recognized National Federation, with a USA racing nationality indicated with a UCI ID* or
- USA Cycling Domestic Annual License with a UCI ID*.

**LICENSING/CITIZENSHIP/RESIDENCY REQUIREMENTS**

ALL NATIONAL CHAMPIONSHIP PARTICIPANTS MUST HAVE A CURRENT USA CYCLING ANNUAL LICENSE OR VALID UCI FOREIGN FEDERATION LICENSE AS DEFINED BELOW. Riders must also be licensed for the category in which they are attempting to register. If you do not have a current and valid USA Cycling annual license, the easiest way to obtain one is via the USA Cycling website at www.usacycling.org. You may purchase, renew and/or request a category upgrade online on your My USA Cycling page.

<table>
<thead>
<tr>
<th>Junior 17-18, U23, Elite/Pro</th>
<th>Must be a United States citizen and have a current:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>• USA Cycling International License with a USA racing nationality or</td>
</tr>
<tr>
<td></td>
<td>• A foreign International License with a USA racing nationality and a UCI ID* or</td>
</tr>
<tr>
<td></td>
<td>• USA Cycling Domestic Annual License with a UCI ID*</td>
</tr>
</tbody>
</table>
### Eligibility

**Juniors 16 and under, Amateur/Masters**

Must be a **United States citizen** and have a current:
- USA Cycling International License with a USA racing nationality indicated or
- A foreign International License with a USA racing nationality and a UCI ID* or
- USA Cycling Domestic Annual License with a UCI ID*

OR

Must be a **Permanent Resident** (verified) and have a current:
- USA Cycling International License or
- USA Cycling Domestic Annual License with a UCI ID*

**Non-Championships**

Riders must have either a current USA Cycling annual license, valid UCI Foreign Federation license, or purchase a one-day license at race registration.

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*UCI ID*: To compete in a USA Cycling National Championship, riders must have their date of birth, gender and citizenship or permanent resident status verified. Having verified this information, a free UCI ID is issued. If a UCI ID is not currently displayed on your license, log into your USA Cycling My Account and look for this in your Profile link. If these items are not listed or are incorrect, please do the following to update your account:

1. Create a copy of your birth certificate or passport and Permanent Resident Status (Green Card) as it applies, and email or fax (719-434-4300) it to USA Cycling.

A UCI ID is your lifelong, internationally unique, identity number to confirm your racing status and maintain your privacy in internationally published registration and results documents.

**YOU DO NOT NEED TO REPRINT OR PURCHASE A NEW LICENSE ONCE YOUR ACCOUNT IS UPDATED**

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### Eligibility

1. At the time of registration, all participants MUST meet the minimum required category for the respective event according to the USA Cycling Rule Book. Those attempting to register for an event without having the required category will be removed from the registration list with no refund provided.
2. All participants MUST be a verified U.S. citizen or permanent resident (green card).
3. All participants MUST have a racing age of 35 or over. Riders with a racing age of 35 or over who hold Elite status per USA Cycling rules may NOT compete in the USA Cycling Masters Road National Championships. This includes riders who:
Eligibility & Rules
August 27- September 1, 2019

- Are, or have been, members of a UCI-registered team of any type (road, track, MTB, CX) in the calendar year of the championship.
- Have competed in the Elite category of a UCI World Championship, Continental Championships, Olympic Games or World Cup in the road discipline in 2019.
- Are further defined as an “Elite” rider per definition in USA Cycling’s Glossary of terms.

4. All participants MUST race in the current age group as shown on their 2019 USA Cycling license. Riders MAY NOT race up or down in racing age groups.

5. Masters-specific national championships are held for riders in five-year age brackets beginning with 35 years of age. Jerseys and medals will be awarded for all age groups represented.

6. Category restrictions: For mass-start events only, men and women 35-54 must be category 3 or higher. There are no category restrictions for men and women 54+.

7. Any mass start class with fewer than 10 participants may be combined with the next younger age group or groups, and the riders in the different classes scored separately.

SPECIFIC EVENT RULES

National track championships will be held for men and women in the following events:

**Sprint**
A sprint competition will be held for men and women in five-year age groups, beginning at 35. The format to be used for various sized fields shall be published in advance of the competition.

**Time Trial and Pursuit**
Standing start time trials will be held for men and women in five-year age groups over the following distances and age ranges:

<table>
<thead>
<tr>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>35-49 - 1 km TT</td>
<td>35+ - 500 m TT</td>
</tr>
<tr>
<td>35-49 - 3 km IP</td>
<td>35+ - 2 km IP</td>
</tr>
<tr>
<td>50+ - 500 m TT</td>
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<tr>
<td>50+ - 2 km IP</td>
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</tbody>
</table>

**Points Race**
Shall be conducted in five-year age groups over the specified distance. Only riders in categories 1-3 may enter for categories younger than age 55. Any age group with less than 10 riders may be combined with a lower age group. In such a case the awards for the older group will be determined by their relative results within the event.
Scratch race
Shall be conducted in five-year age groups over the specified distance. Only riders in categories 1-3 may enter for categories younger than age 55. Any age group with less than 10 riders may be combined with a lower age group. In such a case the awards for each group will be determined by their relative results within the event.

Team Pursuit
For the following age groups with team size and distance as follows:

**Men**
- 35-49: 4 riders / 4km
- 50-59: 4 riders / 3km
- 55+: 4 riders / 3km

**Women**
- 35+: 4 riders / 3km
- 45+: 4 riders / 3km
- 55+: 4 riders / 3km

Each rider may enter at most one team pursuit event. This event will be conducted as a final, for time. One or two teams may be run at the same time as decided by USA Cycling. For the purposes of restarts and mishaps, the event will be conducted as a qualifying round in a team pursuit.

Team Sprint
Team sprints of 3 laps, for three men 35+, 45+, 55+ and 65+ and of two laps, for two women 35+, 45+, and 55+. Each rider may enter at most one team sprint event. This event may be conducted as final, for time.

National track championships will be held for men in the following event:

**Madison**
Shall be held for teams of 2 riders each in the following age groups: men 35+ and 45+, and only riders in categories 1-3 may enter. Each rider may enter at most one Madison event.
1. In general, the regulations for bicycles are those of USA Cycling. Please refer to section 1I – Bicycles, in the USA Cycling rulebook:

The main points are:

- Bicycles may be no more than 2 meters long and 75 cm wide.
- There may be no protective shield, fairing, or other device on any part of the bicycle, which has the effect of reducing air resistance except that spoke covers may be used.
- Wheels may be made with spokes or solid construction.
- Front disc wheels may be used solely in time trial events.
- Handlebar ends shall be solidly plugged.
- Handlebars with ends, features, or attachments that extend forward or upward or that provide support for other than the rider’s hands are permitted only in time trial events.
- Bicycles must only have a single cog fixed wheel without derailleurs, brakes. Quick release wheels are not allowed.

Per USA Cycling regulations, these additional UCI regulations are in effect for the event.

For mass start events and individual time trials:

- Bicycle frames must be of double triangle construction
- Wheels must be of the same diameter between 550 and 700 cm.
- **Specific UCI regulations governing saddles and handlebars, will not be in effect.**

*However: Riders wishing to have national or world records ratified must ensure their equipment is compliant with all UCI bicycle regulations before their event (See below). Complete measurement and verification must be done by the officials.*

2. BICYCLE REGULATIONS for RECORDS:

a) All UCI rules for bicycles AND components, will be in force for those seeking time trail records in their classes. For more information, reference Part 1, Section 3 of the UCI Rulebook or review the this link, UCI Equipment and Material page, with detailed information on equipment, verification and measurements of the bicycle that you will encounter. There is a helpful UCI Video that demonstrates the verification of dimensions on this page.

b) Socks and overshoes used in competition may not rise above the height defined by half the distance between the middle of the lateral malleolus and the middle of the fibula head. (UCI article introduced on 15.10.18)

c) Following is a brief overview of the key UCI bicycle regulations.

i) Weight of the bike shall be a minimum of 6.8 kilograms.
ii) Wheels must be of the same diameter between 55.0 and 70.0 cm.
iii) **Frames** must be of a **double triangle** configuration.

iv) The nose of the saddle must be at least 5cm behind the vertical plane of the center bottom bracket.

v) The angle of the saddle must be within 9 degrees of horizontal (up or down), measured by a plane passing through the highest points at the front and rear of the saddle.

vi) The end of handlebar extensions can extend no further forward than 75cm, measured from a vertical line through the center of the bottom bracket, to the end of the handlebars**. The end of the handlebars includes the end of the shifter mechanism in its maximum forward position.

vii) All components (handlebars, seat posts, etc.) must meet the UCI 3:1 aerodynamic ratio rule.

viii) Equipment presented at bike check may not be modified to meet rules. (e.g. no wrapping, cutting/grinding of frames, no sawn-off saddles or shifters).

ix) **Extensions must be two separate pieces** with no cross section >= 4 cm. **Elbow pads must be two separate pieces** with a maximum size of 12.5 cm x 12.5 cm and have a maximal inclination of 15 degrees.

x) Height difference between uppermost part of the extension and the elbow pad (center) is 10 cm.

**Morphological exceptions:** One exception is allowed, either for saddle position or handlebar position***.

- For personal fit, the nose of the rider’s saddle can be as far forward as the vertical line drawn through the center of the bottom bracket.
- For personal fit, the horizontal measurement of the handlebar extensions may be up to 80 cm as noted above.
- For riders 190cm or taller this distance may be increased to 85 cm

***No rider can take both morphological exceptions.

All USA and UCI Cycling Records must have anti-doping testing to be certified.

USA Cycling Records will be submitted by the Chief Referee. UCI records must be submitted by the Chief Referee to the UCI. It is the responsibility of the rider setting the record to obtain a copy of the completed record application(s) and maintain a copy of the cover of their anti-doping form for UCI validation.